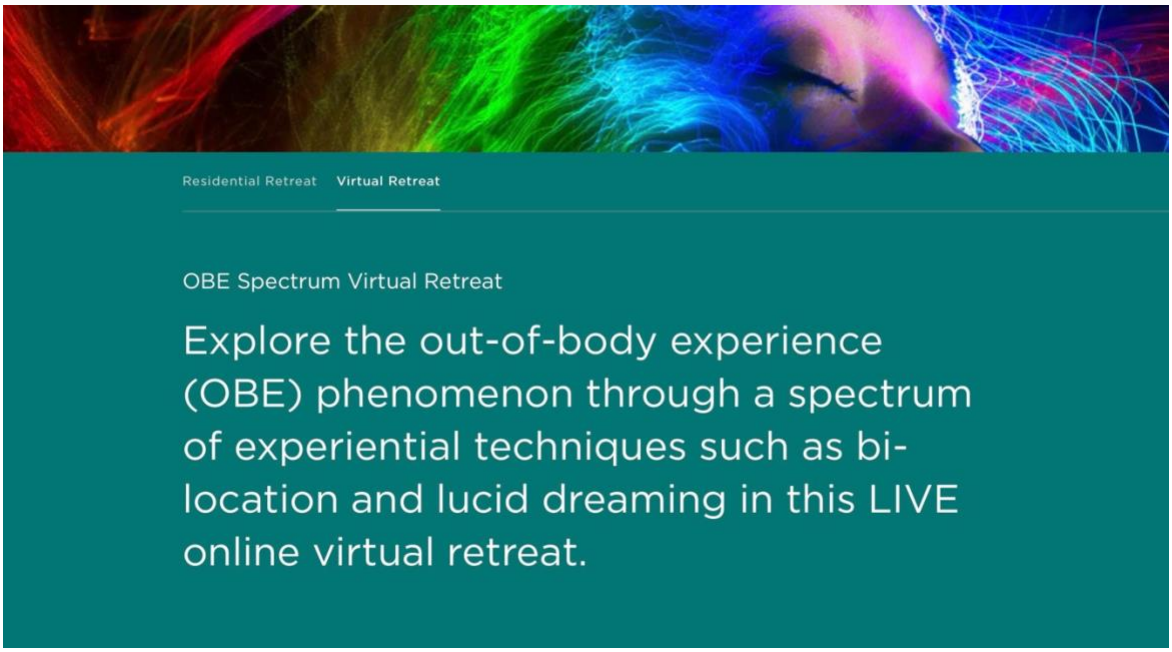
2023 Website Program Description


Residential Retreat
Virtual Retreat
OBE Spectrum Virtual Retreat
Explore the out-of-body experience (OBE) phenomenon through a spectrum of experiential techniques such as bi-location and lucid dreaming in this LIVE online virtual retreat.

Virtual Program

$995.00

5 1/2 days

Explore the nonphysical state of being and the consciousness spectrum related to out-of-body experiences. Practice a variety of separation techniques with an emphasis on energy work in preparation for controlled out-of-body practice.

Know that you are more than your physical body. Explore your multidimensional nonphysical nature. Begin by learning Robert Monroe's methods for achieving an out-of-body state, his personal exploration and his models of the nonphysical realm.

(See the link to this video in the details section below,)

Learn to recognize the differences between OBE, Remote Sensing, Lucid Dreaming, and Bilocation. Explore additional models and perspectives that have emerged along the OBE spectrum. Develop skills for navigating, perceiving and interpreting within these additional nonphysical realms. Discover other perspectives that can deepen your understanding of self-directed consciousness exploration. Experience a greater wholeness and sense of freedom within all aspects of your nonphysical self.

Learn how to have an OBE with clarity, confidence and success. Developed by a team of Monroe trainers this OBE course draws upon over 50 years of experience in the field of human consciousness exploration. OBE Spectrum offers you a broad foundational knowledge of what an OBE is, the variations of an OBE and how to consciously initiate them at will.

How it works

1. OBE Spectrum Virtual Retreat is a 5 ½ day real-time interactive online retreat.
2. The daily schedule is based on each virtual retreat's specific time zone.

    1. Day 1 begins at 2:30 pm with an overview, introductions, logistics and an audio exercise. The day ends at 6 pm.
    2. Days 2-6 begin at 9:00 am. Each day is different and includes 3-4 audio meditation exercises, activities, videos and short presentations with a break for lunch. Each day ends at 6:00 pm.

3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this Audio Test. *(Linked in the details section below.)* You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

 Trainer Facilitation Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.	 *Additional Audio Exercises* Continue your exploration once the program has ended with a take home audio exercise.